

# EXPECT TV COSTS TO JUMP 1.5% IN FALL, PG6

**Health** pg 15

**Hughes knew how to write about teenage sex angst**



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EDMONTON • TUESDAY AUGUST 11 2009

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**Celebrity Buzz**

**Jacko finally laid to rest: Report**



pg 18

## Doc charged with sex assault on minors

**CRIME** A former Edmonton Stollery Children's Hospital physician has been charged with two counts of sexual assault on two boys under the age of 16, among other charges.

It's alleged that the former physician, who was training to become a pediatric neurologist, knew the two boys but they were not patients of his. Because of this, EPS is unable to give details on the case because it is a private matter that doesn't involve the accused's workplace, and Alberta Health Services is also unable to reveal any details.

The incidents are alleged to have taken place over the last year, with the latest being at the end of last month.

Javier Castillo Cortes, 31, also known as Mauricio Castillo, was charged with 10 different offences, including two counts of sexual assault and interference, committing an indecent act, unlawful confinement, and two counts of exposure to persons under 16, an Edmonton police spokesperson said.

Cortes is no longer with the Stollery or any Alberta Health Services facility, and is slated to be in court September to enter his plea.

METRO EDMONTON

**Learning Curve** pg 11



## Transition to college can be tough

**Sports** pg 8

**Nadal wins in first match since injury**

## China Typhoon devastates coast



A resident pulls a makeshift raft to transport two girls across a flooded street after Typhoon Morakot hit Zhejiang province yesterday. Morakot battered China's east coast on Sunday, killing a child and flattening houses. Half a million people in Fujian province were moved to safer parts ahead of the typhoon's arrival, along with a similar number in Zhejiang, Xinhua reported. Story, page 5.

# Barker coming to town to help Lucy

Former Price Is Right host wants elephant put in sanctuary

**VICTORIA HANDYSIDES**  
victoria.handysides@metronews.ca

**He loves Lucy, and he's going to try to save her.**

The Price Is Right's former host and animal rights activist Bob Barker will head to Edmonton in an attempt to sway officials to send the 34-year-old Asian elephant south.

"If we're successful in moving her to a sanctuary, she'll live the life nature intended," he said yesterday from his California home. Barker will visit Edmonton Sept. 16-18, and will

bring a team of elephant experts who hope to examine Lucy, though he's doubtful the welcome will be anything but warm.

"The zoo, so far, has been less than co-operative," Barker said. "It isn't essential that we see her, but we'd like very much to see her."

Valley Zoo operations manager Dean Treichel claimed he hasn't received official notice of Barker's impending trip. He said a decision to allow

Barker and his team to examine Lucy and her surroundings hasn't been made.

"He's certainly welcome to come down to the zoo. It's a public facility, and he's welcome to come in," Treichel said.

Zoo officials claim Lucy, who suffers from arthritis and a malpositioned molar, is healthy, but too sick to move.

"Either she's healthy enough to travel, or she's not in great health. You

can't be both," Barker said while reading through Lucy's health records.

Barker said he hopes attaching his name and fame to Lucy's plight will rouse city officials from inaction.

He and his team were denied access to appear at a council meeting, but have planned a luncheon with councillors.

"I'm just so depressed that the zoo won't do what is obviously the best thing for Lucy," he said.



Bob Barker

## Obama tries to downplay impact of Buy America

**TRADE** Barack Obama says he is willing to work with Canada to reduce the damage from protectionist U.S. trade policies, but says the so-called Buy American policy should not ruin strong Canada-U.S. relations.

Obama said Prime Minister Stephen Harper complains about U.S. protectionism whenever the two leaders talk, but the U.S. president played down the impact of an issue that is costing jobs north of the border.

"I think it's ... important to keep it in perspective that, in fact, we have not seen some sweeping step toward protectionism," he said as Harper looked on at a news conference.

Obama was speaking at the closing event of the North American Leaders' Summit hosted by Mexican President Felipe Calderon.

The Buy American provisions are being applied at the state and local level in the U.S. on new federally funded municipal works projects, a trend that Canadian companies say hurts their chances of landing contracts south of the border.

Sounding defensive, Obama said he didn't agree with the Buy American provisions that Congress installed in his \$787-billion U.S. economic stimulus package, but he couldn't fight it at the time.

While downplaying the problem, Obama also suggested for the first time that his administration and Harper's government might be able to reach an agreement to help Canadian companies avoid Buy American discrimination.

TORSTAR NEWS SERVICE

**"We have not seen some sweeping step toward protectionism."**

Barack Obama

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For the second year in a row, the Edmonton International Airport has swept all other airports in North America for the highest honour handed to a communications team. EIA beat out 62 airports for the Airports Council International North America marketing campaign award. **METRO EDMONTON**

# Local



## River Cree Casino books 2 solid shows

Corner Gas star Brent Butt, left, and rock group Collective Soul, are coming to the River Cree Casino for upcoming shows. Butt's show will be Sept. 19 and tickets are \$39.50-49.50. Collective Soul is returning to the casino for the third time and has just released their eighth album. The band will be here Oct. 17 and tickets are \$59.50. All tickets can be purchased at Ticketmaster.

METRO EDMONTON

## Butting out the butts

Tossing cigarettes will come with a \$250 fine

VICTORIA HANDSIDES  
victoria.handseysides@metronews.ca

**Litterbugs creeping along Jasper Avenue are going to start paying for the mess they leave behind, as city officials prepare to slap massive fines on those who trash the downtown core.**

"It has a pretty big effect on the city. It creates a dirty, untidy place that isn't attractive to visitors. Toxic litter has an effect on the environment too," said city complaints director John Wilson.

Peace officers will be handing out written warnings to those caught littering between 97 Street and 109 Street until Thursday. After that day, litterbugs will be given a no-questions-asked \$250 ticket.

Ashtrays and litter cau-

**"It's a pretty ambitious behaviour to change how people dispose of cigarette butts,"** John Wilson

tion signs already line Jasper Avenue, where smokers have been given handheld butt-stoppers in the latest education blitz.

Officials say hefty fining isn't because people aren't getting the message, moreover, to change the traditional social acceptability of flicking butts on the street.

"That's a pretty mammoth task — it's been an acceptable social norm for many years," Wilson said. "It's a pretty ambitious behaviour to change how people dispose of cigarette

butts."

Cigarette trash accounts for roughly one-third of the litter on Jasper Avenue, he added.

Capital City Cleanup block captain Ryan Jespersen says in the couple months he's been talking trash and picking it up along Jasper and 102 and 103 Streets, he's realized people are getting the message.

Though he and Wilson agree the fine may be harsh, education alone may not be enough for some.

"If you know you could get dinged, it's probably going to make you think twice," Jespersen said. "... It sounds like a message you'd deliver to kindergarten kids, but sometimes adults need to hear it too."

The enforcement blitz wraps up Aug. 21.

## Folk Fest Last song



John Wooding aids with the demolition of the Folk Fest, which began yesterday as site crews worked hard to restore Gallagher Park back to its natural form.

CANDICE WARD/METRO EDMONTON

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## Escaped prisoner charged with pair of bank robberies

**CRIME** Police have arrested a man dubbed the "half-baked bandit."

After a week-long search, officers arrested 33-year-old Gregory Dwight Marshall in Calgary.

Marshall is charged in connection with two re-

cent bank robberies that took place in Edmonton in the days after he escaped from a minimum-security facility.

He was arrested by Calgary police Sunday without incident.

METRO EDMONTON

## DynaLIFE workers to walk off job

**HEALTH** Nearly 1,000 DynaLIFE workers will hit picket lines Friday.

The decision comes after fed up employees voted to strike yesterday.

The workers claim they're the lower paid professionals within the province.

All updated information on facility openings, closures and wait times will be available at [www.albertahealthservice.ca](http://www.albertahealthservice.ca).

## Man charged with arson of his property

**CRIME** A man has been charged with arson after a house fire Aug. 9 left a home burning in flames. Orlando Comacho, 53, is charged with arson to own property.

METRO EDMONTON

## Correction

Last week Metro reported the Mercury Opera was performing scenes of the Il Tabarro Opera, on the Edmonton Riverboat. It's our apology, the Opera will be performing the entire show on the Queen River Boat Aug. 13 and Aug. 15.

**metronews.ca**

WHAT'S ONLINE TODAY

**Blogs** Noel Butler of Oranges at Halftime — Canada's longest running soccer show — joins It's Called Football to discuss MLS expansion to Montreal

**Video** Barack Obama criticizes those who think Canada makes 'a good boogeyman' in U.S. health care debate at [metronews.ca/canada](http://metronews.ca/canada)





**Canwest to change ownership?**

Canwest Global Communications Corp., which is struggling under debt, has initiated talks with Canadian regulators on a possible ownership change, officials said yesterday. **REUTERS**

**3**

# Canada

## Tim Hortons distances self from anti-gay marriage rally

PAUL MCLEOD  
Metro Canada

**RHODE ISLAND** Facing a wave of criticism, Tim Hortons announced yesterday it was no longer associating its company with an upcoming anti-gay marriage rally being held in the United States.

News spread quickly through websites and blogs yesterday morning that a Tim Hortons franchise in Rhode Island was sponsoring a fundraiser by the National Organization for Marriage, which is on record as opposing same-sex marriage.

The event billed as "Celebrate Marriage & Family Day" is taking place Sunday with the Tim Hortons logo on flyers and posters.

When contacted yesterday at its headquarters in Oakville, Ont., Tim Hortons said through a media release that support for the rally was a mistake and they have since cancelled their sponsorship.

"Recently Tim Hortons was approached in Rhode Island to provide free coffee and products for a local event, as we do thousands of times a year," read a company press release.

"It has come to our attention that the Rhode Island event organizer and purpose of the event fall outside of our sponsorship guidelines. As such, Tim Hortons cannot provide support at the event."

The company's website said it has policies against religious groups, political affiliates or lobby groups.

The press release did not address the nature of the rally, but did say Tim Hortons has "always welcomed all families and communities to its restaurants and will continue to do so."

## Harper takes heat over refugee system

**The refugee system is only broken because the federal government has taken too long to give it the resources needed to tackle a growing backlog of claims, critics argued yesterday.**

They were reacting to a statement by Prime Minister Stephen Harper that a dysfunctional refugee system, which he said encourages illegitimate claims, is the reason behind a new visa requirement straining Canada-Mexico relations.

Auditor General Sheila Fraser said in her March report that the Immigration and Refugee Board saw a significant decrease in its number of decision-makers beginning in the second quarter of the fiscal 2006/2007 and at one point was operating with a 35 per cent vacancy rate. Critics say the shortage is to

blame for a backlog of pending refugee claims the Treasury Board expects to grow up to 94,000 by the end of 2009/2010.

"The government has really got quite a lot of nerve to attack the system for having a backlog when they themselves are the key reason that a backlog exists,"

**"The government has really got quite a lot of nerve to attack the system for having a backlog when they themselves are the key reason that a backlog exists."**

Janet Dench, Canadian Council for Refugees

said Janet Dench, executive director of the Canadian Council for Refugees.

Citizenship and Immigration Minister Jason Kenney told the House of Commons in April appointments to the board "slowed down for a certain period

of time" because of a new pre-screening process involving exams and interviews for candidates. There has been a flurry of appointments in recent months but there is still an 11 per cent vacancy rate.

TORSTAR NEWS SERVICE

## Duck shooters plead guilty

AMY GREGSON  
for Metro Canada

**YOUTUBE** The three men responsible for a YouTube video in which they were seen shooting ducks out of season pleaded guilty in a Saskatchewan court yesterday.

David Fraser, James Fraser and Jeremy Rowlands were charged with violating several federal and provincial

wildlife protection laws.

A judge ordered the men to turn over their rifles and slapped them with fines — the Frasers must pay \$5,000 each and Rowlands must pay \$6,000.

"It was gratifying to see the hunting community and everyone else jump on board and use the tips program," said Darrell Crabbe, executive director of the Saskatchewan Wildlife Federation.

### News in brief

**REWARD** A Prince Edward Island man is hoping to cash in on a \$1-million reward EnCana offered for information leading to the arrest of the bomber who has been targeting the company's natural-gas pipelines in northern B.C. by offering to share the prize cash with the culprit, CBC News On-

line is reporting. James Halstrum recently placed ads in several northern B.C. newspapers asking whoever is responsible for the bombings to contact him. The RCMP said the plan is illegal, because it's against the law for the bomber to profit from his or her crime.

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## Comment

# Tougher times for the Three Amigos

## NationalReport

Lawrence  
Martin

metronews.ca/nationalreport

The Three Amigos are getting a bit testy, where the Mexican mini-summit revealed some friction.

Mexican President Felipe Calderon made clear his opposition to Stephen Har-

per's introduction of a visa requirement for Mexicans, saying it was bad for relations. U.S. President Barack Obama made it clear he was getting a little tired of Harper's complaints over how Buy American laws hurt Canadian exporters.

It may have been just an incidental slip but it was interesting how the U.S. president referred at the press conference to the Mexican leader as his "great friend" and Harper as his "good friend."

If there was friction

among the Amigos it should come as no surprise. The days of a smooth functioning NAFTA agreement are over. With the advent of China, the days when Canada had few other good alternatives for trade than the United States are over. The 9-11 calamity has changed the dynamic at the border, perhaps permanently. As well, there is the deep American recession, which isn't helping the bilateral spirit. And with regards to Mexico, the immigration problem can't

help but make things difficult.

For political purposes, Harper has to get along well with Obama because the U.S. president is so popular in Canada. But on an issue-by-issue basis, on a political philosophy basis and on a personality basis the two men cannot be expected to find the going too easy. On the thickening of the border issue as well as the Buy American issue, there was no signal yesterday that Obama would be doing Canada any favours.

At the end of the press conference, sensing perhaps a need to leave on a nice note, Harper went out of his way to compliment Obama on his handling of the leadership crisis in Honduras.

That was smart. On Mexico, however, he clearly made a misstep in his timing of the announcement — shortly before this summit — of the visa requirement. Though the PM's position is perhaps defensible, he should have known how his timing would only

showcase the controversy. It did — and led to Harper, in order to ease the tensions, having to announce that the whole matter was Canada's fault.

With the U.S. and with Mexico, these aren't easy times for Ottawa. But Canadians should get used to it. It's a new era. Given the changing dynamic on the continent, the Three Amigos billing is Pollyannaish.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

## Views

# Problems with refugee system are many



Martin  
Collacott

Immigration Minister Jason Kenney was absolutely right when he imposed visa requirements on visitors from the Czech Republic and Mexico. Canada was being pummelled with thousands of refugee claimants that virtually no other country would allow to make claims.

Prime Minister Stephen Harper was equally correct when he told Mexican President Felipe Calderon that the reason why visas had become necessary was be-

cause Canada's refugee system encouraged bogus claims and had to be changed.

It has been clear since the current refugee determination was put in place nearly two decades ago that it is highly dysfunctional. While the auditor general of Canada has documented its shortcomings in detail, no one has been prepared to take on the powerful Canadian refugee lobby, which keeps insisting that we are far too stingy when it comes to accepting those seeking asylum.

We are the most generous country in welcoming refugees. We accept 50 per cent of those who make

claims in Canada (compared to an average of 12 to 15 per cent for other Western countries) and on a per capita basis we grant refugee status to four or five times the number others do. We also provide the most generous package of benefits — which makes us a highly attractive destination for asylum shoppers.

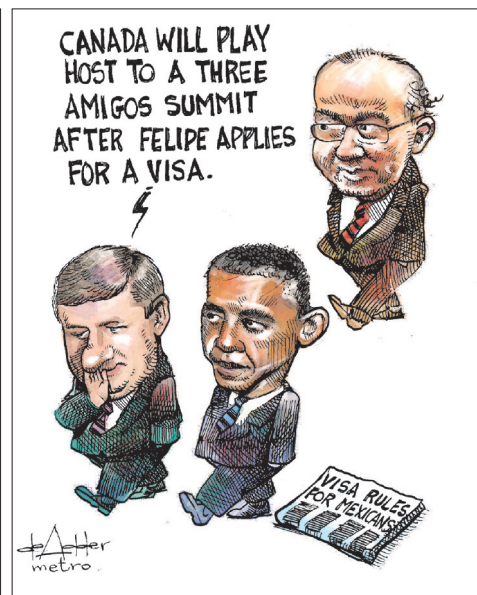
The problems with the current system are many. To begin with, we allow far too many people to make claims, thus clogging the system and slowing down the processing of claims that have merit.

We also need to reduce the multitude of appeals and reviews available to

failed claimants to a single substantive reappraisal of their case. Under the current system they are able to avoid removal for years and even decades by means of serial reviews and appeals.

Whether the government will be able to make any substantive changes to refugee policy remains to be seen. Canadians, however, are increasingly aware the refugee system is badly in need of a complete overhaul and those who try to block it could well pay a price in terms of electoral support.

Martin Collacott is a senior fellow at the Fraser Institute in Vancouver and former Canadian ambassador in Asia and the Middle East.



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## Nepalese widows protest marriage incentive

About 200 women marched through Kathmandu yesterday to denounce a government scheme to pay cash incentives to men for marrying widows, witnesses said. Nepal's centre-left coalition announced a plan last month to pay men the equivalent of \$650 US for marrying widows, angering the widows. **REUTERS**

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## World



## Sarkozy seeks release of French teacher

French President Nicolas Sarkozy is working to secure the release of a French teaching assistant, who is a defendant in a mass trial in Iran, his office said yesterday. An Iranian court has charged Clotilde Reiss, left, along with dozens of other detainees of spying and helping a Western plot to overthrow the government. **REUTERS**

## Smuggler plotted to kill Calderon: Police official

**DRUG WAR** Mexico has captured a drug smuggler believed to have been plotting to assassinate President Felipe Calderon in revenge for the army's crackdown on trafficking, a senior police official said yesterday.

Dimas Diaz, a member of the Sinaloa cartel, was arrested Sunday with four other traffickers, said Ramon Pequeno, head of the federal police's anti-drug wing. Calderon, holding talks with Prime Minister Stephen Harper and U.S. President Barack Obama in western Mexico, said he had no details of any plan to attack him but brushed off drug gang threats.

"It's not the first time and it won't be the last that there is talk about an attempt on my life," he told reporters. **REUTERS**

## Typhoon triggers deadly mudslide

**A mudslide triggered by torrential rains from a typhoon may have buried up to 600 villagers in mountainous southern Taiwan, disaster officials said yesterday.**

More than 50 people have died in tropical storms striking the Philippines, Taiwan, China and Japan.

The death toll so far in Taiwan stood at 15, with 55 missing and 32 hurt, since Typhoon Morakot struck the island on Friday and remained in the area through the weekend before battering China's populous east coast.

Rescue squads aboard helicopters had saved only 45 people from Hsiao Lin, a vil-

## Storm toll

• Typhoon Morakot killed 22 people in the Philippines. In China, it damaged more than 1,800 houses in the province of Zhejiang and killed at least one child, the official Xinhua news agency said. One million people were evacuated in China before the storm made landfall.

lage of 1,000 in southern Taiwan.

Rains washed out roads and bridges in Kaohsiung County, severing all land vehicle traffic.

"No small number of single-storey houses have been

covered in mudslides," said Richard Hu, an army major-general.

"We don't know how many people are there, but homes have definitely been buried." Local officials said they had lost contact with up to 600 villagers, with inclement weather reducing even helicopter access.

The storm caused floods in Taiwan's densely-populated south and farm-related losses on the island were estimated at \$128 million US.

In Japan, tropical storm Etau was fast approaching and more than 47,000 residents of western regions were told to leave their homes, national broadcaster NHK reported. **REUTERS**

## Germany Is bigger better?



A campaign poster for the upcoming German election with the words "We have more to offer" shows current Chancellor Angela Merkel, left, of the conservative Christian Democratic Union party (CDU) and Vera Lengsfeld, candidate of the CDU at Berlin's Friedrichshain-Kreuzberg district in Berlin yesterday. **REUTERS**

## News in brief

**SOMALIA** Islamist group al Shabaab is forcibly removing gold and silver teeth from residents in southern Somalia because it says they contravene

strict religious law, locals said yesterday. Residents in Marka say al Shabaab has been rounding up anyone seen with a silver or gold tooth. **REUTERS**



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NASA plans to use \$50 million US of federal economic stimulus funds to seed development of commercial passenger transportation service to space, agency officials said yesterday. **REUTERS**

# Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## If you watch TV, you'll pay more this fall

**Stay tuned folks: Watching television is about to get more expensive — again.**

Cable and satellite bills are set to rise this fall as those TV service providers begin collecting a mandatory new fee to subsidize local stations in small markets across Canada.

Cable giant Rogers Com-

munications Inc. is sending a strongly worded letter warning customers to expect a new charge worth 1.5 per cent of their recurring TV monthly service fee starting in September. The cost relates to the Local Programming Improvement Fund, created by the Canadian Radio-television

and Telecommunications Commission to subsidize stations in markets of less than one million people.

Rogers will dub it the "CRTC LPIF fee" on its invoices. That not-so-subtle tactic comes as the industry prepares for CRTC hearings on the contentious fee-for-carriage issue,

### 1.5%

Rogers Communications Inc. is charging 1.5% of their recurring TV monthly service fee dubbed the CRTC LPIF fee.

which could further inflate

bills.

"The message is: You should be vigilant, consumers, about how much governments are imposing on you," said Rogers' vice-chair Phil Lind yesterday.

The CRTC established the fund in October 2008. It was envisioned that cable and satellite companies

would contribute one per cent of their gross broadcasting revenues to the fund. Last month, however, the CRTC decided to raise funding to 1.5 per cent as a "temporary measure" for the upcoming year. The CRTC plans to review the funding next spring.

**TORSTAR NEWS SERVICE**

## Chief Nortel exec to step down amid major losses

**WIRELESS** Nortel Networks said yesterday its chief executive will step down immediately and its board will shrink from nine directors to three as the bankrupt telecom equipment maker sheds assets.

Toronto-based Nortel, once North America's largest maker of telephone gear, also posted a bigger quarterly loss due to big reorganization costs and plunging sales. The departure of CEO Mike Zafirovski had been expected since the company filed for court protection from creditors at the start of this year.

"There is very little for Mike to do — for any CEO to do — at Nortel at this time in terms of strategy or operations or even cost-cutting or sales," said Duncan Stewart, analyst at DSAM Consulting.

Nortel said it lost \$274 million in the second quarter. That was worse than the loss of \$113 million in the year-before quarter.

Zafirovski joined Nortel in 2005 after a stint as president and chief operating officer at Motorola Inc. Many had hoped he could turn Nortel into a profitable and stable company. Instead, Nortel filed for protection from creditors in January, saying the recession derailed its recovery.

**REUTERS**

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## Kenya Four months at sea



Crew members of German container ship Hansa Stavanger arrive at the Moi airport in Mombasa yesterday. Hansa Stavanger, which was held by Somali pirates for four months, arrived at Kenya's Mombasa port on Saturday after a \$2.7 million US ransom was paid for the release of its 24 crew.

JOSEPH KAMAU / REUTERS

## Rio Tinto shares drop on China spying allegations

**MINING** Shares in global miner Rio Tinto Plc/Ltd. fell yesterday after China stepped up its spying allegations against the company, although Australia's Foreign Ministry said the latest accusations were nothing new.

China's state secrets agency said on its website at the weekend that Rio Tinto had spied on Chinese steel mills for six years, resulting in the mills overpaying \$102 billion US for iron ore, Rio Tinto's biggest earner.

Rio Tinto declined to comment on the accusations, which followed China's detention a month

### Down worldwide

• Dual-listed Rio Tinto shares were down 2.6 per cent at 2,359 pence in London, having closed 3.3 per cent lower at \$58.55 AU in Sydney.

ago of four Rio employees in Shanghai, including Australian Stern Hu, on suspicion of stealing state secrets.

The company said last month its employees had done nothing wrong. The men remain in detention and have yet to be charged.

**REUTERS**

## Boeing receives Canadian contract for Chinooks

**AIRCRAFT** The Canadian government announced yesterday it has signed a contract to purchase 15 Chinook helicopters from U.S. aircraft group Boeing for about \$1.2 billion, a move that will have a direct impact on the Nova Scotia economy.

The contract announced yesterday at IMP Aerospace in Enfield near Halifax also includes 20 years of support and maintenance valued at \$2.2 billion.

Boeing issued a press release and said they're committed to re-investing the full contract value into the Canadian economy, with more than \$76 million US going to companies in Atlantic Canada such as Nova Scotia based IMP, Dalhousie University and Apex Industries.

A federal government release said an independent analyst found the contract will help local economies and create 5,500 jobs across the country.

**METRO CANADA**

### Business in brief

**INTERNET** Social networking giant Facebook said it will acquire FriendFeed, an up-and-coming social media startup. Terms of the deal were not disclosed, but Facebook said FriendFeed would operate normally for the time being as the teams determine long-term plans. FriendFeed lets people share content online in real time across various social networks and blogs.

**AUTO** General Motors Co. and eBay Inc. said yesterday that they launched a test program in California that will allow consumers to negotiate with dealers and buy vehicles online through [gm.ebay.com](http://gm.ebay.com). More than 225 GM dealers in California are participating in the program.

**REUTERS**



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EDITOR: NINA.DRAGICEVIC@METRONETNEWS.CA

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## Deciding to flip?

Be careful about the real estate game

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney



Alison's Money Rule:

- Don't turn a property flip into a flop by ignoring the basic rules of real estate. Location, condition and neighbourhood comparisons rule profits.

t's the four letter F-word all over again. Flip. Not flip as in flipping the bird (a.k.a. giving the finger), but flip as in quick and easy bucks in real estate.

After more than a year of doom and gloom on the property pages, repressed editors are now positively shrieking with glee whenever they can report a return to bidding wars.

Real estate bidding wars belong to the post-tech-bust world and an anything-but-the-stock-market attitude to investing. With that trend came a wave of flippers — and half a dozen real estate shows to pump them up.

I don't recommend flipping as a wealth generating tactic for the average person because it is far too easy to succumb to emotional decisions. Neophyte flippers also often forget to factor in costs such as land transfer taxes and capital gains.

But if you are determined to try your hand as a property mogul, take a business-like approach and pay attention to the three basics.

Location still rules. In major centres, focus on areas close to transit,

schools, parks and services. But choose neighbourhoods a little down at the mouth or on the fringe. If real estate zooms they will be the target of buyers who can't afford the primo addresses.

Condition is critical. Do a thorough assessment of the big buck items; roof, insulation, furnace, exterior drainage, foundation and evidence of termites or carpenter ants. Such things cannot be fixed cheaply or covered up with a few coats of paint.

Do your comparison shopping. A well-known adage in the real estate business says don't buy the best house on the block. This is especially true in ar-

eas that are on the verge of up and coming yet still have a large stock of modest homes.

If you intend to buy and hold, it's a different story. Over time neighbourhoods are discovered, big ticket repairs can be amortized and humble abodes catch up to the mansion on the corner.

But if you must flip — ignore location, condition and comparison at your peril.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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## On the web

## Henry Choo Chong:

• The best way to feel optimistic about the future is to take stock of your current situation, plan for rainy days and perform well at your job. To read the full Money Matters column by Henry Choo Chong, visit metronews.ca/moneymatters

## Allan Small:

• How long can the rally in North American markets last? To read the full Investing column by Allan Small, visit metronews.ca/investing

## Dazed And Confused

Most Drivers Lost When Looking For The Lowest Car Insurance Rates



## Why Is It So Hard To Find The Best Rates?

The truth is, it isn't as difficult as it seems once you know where to look. It pays to shop around — and car insurance is no different. But with so many insurance companies providing car insurance in Alberta, getting references and competitive quotes from everyone takes too much time, right? Wrong. This is where InsuranceHotline.com can help. InsuranceHotline.com offers an independent, unbiased rate comparison from over 20 insurance companies to find you the lowest rate for your profile. It is fast, safe and FREE.

## Does It Really Pay To Shop Around?

Most consumers fail to realize that the rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. The key to finding the best rate is to figure out which insurance company has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

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By contrast, most websites offering to "compare insurance quotes" are owned by or affiliated with insurance brokers or agents and are therefore only capable of quoting rates from the limited number of insurance companies they represent, typically no more than 4 or 5.

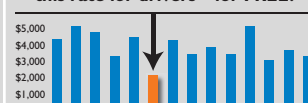
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Russian prosecutors will reopen the investigation into the death of New York Rangers draft pick Alexei Cherepanov, who collapsed during a Continental Hockey League game last year in Russia. An Investigative Committee ruled last month that team doctors were not to blame for Cherepanov's death and would face no charges. **METRO NEWS SERVICES**

# Sports



## 'Canes sue artist

The Carolina Hurricanes are suing a Raleigh hip-hop artist who produced a song promoting the franchise, saying the man has violated team trademarks. The federal lawsuit accuses Tyrone Banks of misusing trademarks by referring to the tune as "the official Carolina Hurricanes song" and wearing a Hurricanes jersey in promotional material. **METRO NEWS SERVICES**

EDITOR: CHRIS.CLEMENTS@METRONews.CA

## Nadal's knees pass first test

Rafa returns to action as defending champ at Rogers Cup in Montreal

**Rafael Nadal's tender knees passed their first test when the Spaniard returned to action yesterday in a doubles win at the Rogers Cup in Montreal.**

Sidelined for more than two months with tendonitis in both knees, Nadal looked fit and showed no signs of pain as he teamed up with coach Francisco Roig to beat Serbian duo Novak Djokovic and Dusan Vemic 7-5, 6-4.

"It's great to be back and I had a lot of fun playing with Francisco," Nadal told reporters. "A win is a win and doubles is fun and important so I am happy about the way it went today."

"I am really looking forward to playing singles on Wednesday."

### Tough draw for Canadian

• Frederic Niemeyer of Deauville, Que., advanced to the second round of the Rogers Cup yesterday with a 7-5, 6-1 upset of 39th seed Igor Kunitsyn of Russia yesterday in

Montreal.

Niemeyer, ranked 487th in the world, will now be the first opponent for top-ranked Roger Federer since he won Wimbledon on July 6.

It was a positive first step in what is expected to be a testing comeback for the 23-year-old Spaniard, who opens defence of this Montreal crown with a second round clash against either compatriot David Ferrer or Serb Viktor Troicki.

Playing his first event since being stunned in the fourth round of the French Open on May 31, much has changed for Nadal as rival Roger Federer took his

French Open and Wimbledon titles along with the world No. 1 ranking.

Federer's life has also undergone some dramatic changes.

Since capturing a record 15th grand slam singles title at Wimbledon in July, Federer and wife Mirka have become parents to twin girls, the Swiss arriving in Montreal with his family in tow.

The beaming dad said he

was relishing his new parental duties, including changing diapers, but on the court the Swiss insisted he will be all business as he begins his U.S. Open build-up.

Briton Andy Murray, playing his first tournament since a career best semi-final showing at Wimbledon, also shook off some rust playing doubles.

The third seeded Murray, who can take over the No. 2 world ranking from Nadal with a decent run in Montreal, will meet Frenchman Jeremy Chardy in second round today.

Russia's Mikhail Youzhny provided the only upset on opening day, dispatching 14th seeded Croatian Marin Cilic 4-6, 7-6, 6-1.

REUTERS

## NASCAR Stewart Heluva Good!



Tony Stewart, driver of the No. 14 Old Spice Chevrolet, leads Kyle Busch, in the No. 18 M&Ms Toyota, and Jimmie Johnson, of the No. 48 Lowe's Chevrolet, en route to winning the NASCAR Sprint Cup Series Heluva Good! Sour Cream Dips at Watkins Glen International yesterday in Watkins Glen, N.Y.

CHRIS THOMAS/GETTY IMAGES



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**Oranges at Halftime visits It's Called Football**

Noel Butler of Oranges at Halftime — the longest running soccer show in Canada — joins It's Called Football to discuss MLS expansion to Montreal. Watch the show at [metronews.ca/blogs](http://metronews.ca/blogs).

# Bradley confident U.S. can cope with Azteca

There are few venues in international soccer more intimidating than Mexico's 105,000 capacity Azteca Stadium, but U.S. coach Bob Bradley believes his side has the maturity to cope with the environment that awaits tomorrow.

The United States faces Mexico in a World Cup qualifier in a game of huge importance for the home side who are fourth in the CONCACAF group and outside the automatic qualification spots for next year's finals.

Second in the table, the U.S. have never won in 19 at-

tempts at the Azteca Stadium but Bradley has his first-choice squad, which reached the finals of June's Confederations Cup in South Africa, after fielding a re-

serve team in the regional Gold Cup last month. The

team that beat European champions Spain and went 2-0 up against Brazil before losing the Confederations Cup final has matured, Bradley said when asked what had improved most in his squad.

"Our ability to deal with different situations in the game,

tough stadiums and atmospheres and against good teams," he

told reporters. "It is important to deal with situations that you can't always spell out before a game

— resolving situations, that gives a team confidence and knowing how to win, that's the area

where I think we have grown as a team.

"You play Italy, Spain and Brazil you are tested in so many ways and we took a lot away from those games," he said.

The U.S. has opted to train in Miami and fly into Mexico this afternoon, leaving little or no time for acclimatization to the high altitude of the Azteca.

"We have worked for a long time

with different experts on altitude including many from U.S. Olympic Committee," Bradley said.

"The research is that if you don't have enough time to acclimatize, which is 10 days or so, then going in late is your best bet."

The intense atmosphere at the Azteca, for what is the region's biggest rivalry, is something only four members of the U.S. squad

— Carlos Bocanegra, Steve Cherundolo, Oguchi Onyewu and Landon

Donovan — have experienced, but goalkeeper Tim Howard said it was something everyone was looking forward to.

"It's almost like a rite of passage for a U.S. national

team player,"

said the Everton goalkeeper.

REUTERS

## Banned for betting on his team's game

**SOCCER** Accrington Stanley defender Peter Cavanagh has been fined roughly \$6,260 Canadian and suspended from football for eight months for betting on a match involving his team, the English FA said yesterday.

Cavanagh was charged with betting on Accrington's final League Two (fourth division) match of the 2007/08 season.

"These were repeated deliberate breaches of The FA's betting rules which are vital to maintain confidence in the integrity of the game," the FA's Regulatory Commission said in a statement.

Last month, four other players, three who played for Accrington and one who played for Bury at

the time of the match, were fined and banned between five months and a year for betting on the same game, which Bury won 2-0.

REUTERS



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Infielder Aaron Boone, trying for a comeback to the majors with Houston after undergoing open heart surgery less than five months ago, started at third base for Corpus Christi in a 4-3 loss to Midland in a Double-A contest last night. Boone went 0-for-2 in five innings of play. **METRO NEWS SERVICES**

# Blue Jays snap Yankees' streak at 7

Lyle Overbay belted the tiebreaking solo homer in the fifth inning to boost Toronto to a 5-4 win over the Yankees, snapping New York's winning streak at seven games.

Aaron Hill also homered for the Blue Jays, who have won three in a row for the

first time since June 21-24. Marc Rzepczynski lasted just 3½ innings for the Blue Jays as he surrendered seven hits, including a trio of homers, and four runs in the opener of the three-game series. Shawn Camp (1-5) earned the win in 2½ innings of work.

## MLB RESULTS

Toronto 5 New York 4



Robinson Cano and Jerry Hairston Jr. hit back-to-

back homers for the Yankees, who were coming off a four-game sweep of the Boston Red Sox. Derek Jeter also went deep for New York, which lost for just the sixth time in its last 24 contests.

Yankees starter Sergio Mitre (1-1) was charged

with six hits and five runs — three earned — over five frames. He also had six strikeouts.

Coupled with Boston's 6-5 win over Detroit yesterday, the Yankees' lead in the division was trimmed to 5½ games over the Red Sox. **METRO NEWS SERVICES**

Toronto says adios to Rios as ChiSox make waiver claim

**BASEBALL** The Chicago White Sox claimed outfielder Alex Rios off waivers from Toronto, and the Blue Jays opted to rid themselves of the high-priced slugger for nothing in exchange.

"Alex Rios was claimed off waivers and we awarded that player to the White Sox," Blue Jays general manager J.P. Ricciardi said. "Nobody came back in return. Alex gets to go to Chicago and the White Sox assume his contract. It's not from a standpoint of a financial dump, that's not the message we're trying to send here. Since we've done the contract, things have changed. This allows us some more financial flexibility to address our club going forward." Rios is in the first year of a six-year, \$64 million extension he signed last April. **METRO NEWS SERVICES**



Alex Rios

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## Sports in brief

**FORMULA ONE** Michael Schumacher will test Ferrari's 2007 race car again this week in preparation for his return to Formula One as a replacement for the injured Felipe Massa. The seven-time world champion cannot try out this season's car before the European Grand Prix in Valencia on Aug. 23 because track testing is banned during the season.

**EAGLES** Philadelphia Eagles backup quarterback Kevin Kolb reportedly suffered a sprained left MCL during practice yesterday. Kolb was hurt during a non-contact session and left the field on a cart.

**MAPLE LEAFS** The Toronto Maple Leafs yesterday traded goaltender Justin Pogge to the Anaheim Ducks in exchange for a conditional 2011 draft pick. Following the trade, Toronto announced the signing of free agent netminder Joey MacDonald to a one-year contract.

**BASEBALL** Pedro Martinez will debut for the Philadelphia Phillies and make his first appearance of the season tomorrow, starting against the Chicago Cubs.

**SAINTS** The New Orleans Saints agreed to terms with cornerback Malcolm Jenkins, selected with the 14th overall pick in the 2009 draft, on a five-year contract on Sunday.

**CELTICS** The Boston Celtics announced yesterday that they have re-signed forward Glen "Big Baby" Davis. Per team policy, terms of the contract were not disclosed. According to The Boston Globe, Davis' deal is for two years and is worth \$6.3 million. **METRO NEWS SERVICES**



**Learning Curve** is a special feature that focuses on education and student life.

# Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

## New school can be a challenge

But asking questions the key to transition

BRIAN COULTON  
for Metro Canada

**Choosing courses, navigating an unfamiliar campus and learning a new style of schooling can be trying enough for new college and university students, let alone adapting to a new city and circle of friends.**

"It can be remarkably challenging, frustrating at times, exciting, difficult ... all sorts of overwhelming feelings," said Greta Hall, student development and orientation co-ordinator at the University of Calgary.

But amid the mixture of emotions and demands affixed to the post-secondary transition, you're not on your own. Hall said the most important piece of advice she gives to new students in doubt is to ask



In university or college, students are responsible for managing their own daily schedules, which means planning study time.

questions.

"Every campus has resources for their students, to help them with a whole range of transition issues, whether it be academic, social or emotional," she said. Talking to professors or academic advisers and making use of health and wellness centres are only a few opportunities Hall recommends. "The onus is on the students, most times,

to ask for the help and realize there are resources there."

Students are also responsible for managing their own daily schedules, a novel task for high school graduates accustomed to the secondary school day structure.

With many students in class just 15 hours per week, Hall said they often fall into a trap where new-

found freedom can lead to failure.

"As midterms and final exams start to come, it can become very overwhelming," she said, "That's where students start to feel the crunch and panic."

To manage on-campus time effectively and dodge added stress, Robin Walker, an admissions counselor at Mount Allison University in Sackville, N.B.,

recommends making a personal schedule, pencilling in periods for study.

"In high school, it would have been odd to say you're going to study from 1 p.m. to 3 p.m.," she said, "but I tell students all the time to make their schedule and actually include a study period for each class they're in."

New students should also make time to get in-



involved, said Walker, where meeting people can make for a smooth social transition in what's often a foreign city.

"Living in residence is a great way to meet people and kind of make instant friends," she said, "But also getting involved in extra-curricular activities and taking advantage of those opportunities to meet people and be social is really important in your first-year for post-secondary success and long-term happiness."

## Easy to work out, and, on budget: Expert

KARL YU  
for Metro Canada

Tuition and textbook expenses give students' bank accounts a tough workout, but there are ways to get in shape during the school year while giving that tired bank account a break.

Steve McMinn, the personal trainer behind fitforreal.ca, said physical fitness doesn't have to be expensive.

Riding a bike to school is a great way to burn calories while saving on transportation costs, McMinn said. A 150-pound man can burn about 220 calories per half-hour bike ride,

while a 120-pound woman burns about 175. One pound equals about 3,500 calories, so students biking to and from school burn a pound every week-and-a-half.

At school, taking the stairs over the elevator also makes a difference in the long run.

According to the Public

Health Agency of Canada, going up and down the stairs five minutes each way burns about 80 calories. That's almost half a pound every week.

After class, the most fun way to stay in shape is to join an exercise class or an intramural sports league — both are usually covered by tuition.



Riding a bike to school is a great way to burn calories.

"If you play in a (student) floor hockey league or a beach volleyball league or indoor soccer all those

things are great fun," McMinn said. "You get to meet people and you also get to stay in shape."



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From left: SLÄTTHULT Frames decoration stickers, \$16.99; NILS dining armchair with cover in Eslöv black/white, \$139, and HEMNES daybed with 3 drawers in white, \$499.99. All available at Ikea, ikea.ca

# Home away from home

JANINE FALCON  
for Metro Canada

**For many students, back-to-school prep time brings happy thoughts of adding personality to a dorm room or a first home away from home.**

Metro tapped three design experts (and Cityline regulars) for tips on smart, budget-friendly choices for student living.

Whether you're dormitory-bound or setting up your OC (off-campus) pad, "avoid white sheets and towels," advises Arren Williams (arrenwilliams.com). "White doesn't stay white for long, so go for colour, and consid-

er easy-care cotton-poly blends for bedding."

Colourful pillows, laundry hampers, kitchenware, lamps and other accessories, are also easy ways to put your stamp on a space. And don't forget to add plants — green is a colour too.

For inexpensive furnishings, Williams likes Value Village and Goodwill. "You might find a \$4 or \$5 chair or table you can easily spray paint fuchsia or royal blue for a funky, Three's Company vintage look."

Tamara Robbins Griffith, design and

PR specialist for IKEA, stresses the importance of multi-functional pieces for small spaces. "For example, upholstered dining chairs can serve as extra seating in the living room when you're entertaining, and bookshelves can function as zone dividers," she says. Daybeds take on daytime sofa duties as well

as offer storage underneath, and drop-leaf tables expand for guests.

To get away from posters taped to the wall, Griffith suggests multiple sizes of picture frames in the same finish for striking

vi-gnettes. If holes in the walls are a no-no, removable decals can safely turn a boring surface into a feature.

Interior designer Karen Sealy (sealydesigninc.com) makes a sage point:

"Young women want clothing storage; guys like storage for snacks."

Storage ottomans and extra shelving are easy solutions for both genders, says Sealy, who, along with Williams, recently put a Hershey's milk-chocolate-inspired small-spaces design spin on a suite at Toronto's Delta Chelsea Hotel.

Blackout curtains or drapery panels to add to existing window coverings will come in handy, too. "Students tend to work late into the night and often need to sleep during the day," says Sealy.

She suggests garage sales as sources of bargain-priced items, but says that more than deals, look for durable pieces to take you through your entire school career.

Of course, more important than the pieces you buy is whether you can get them into your dorm or apartment. "Get details on your access routes — doorway, stairwell or elevator measurements," says Sealy.

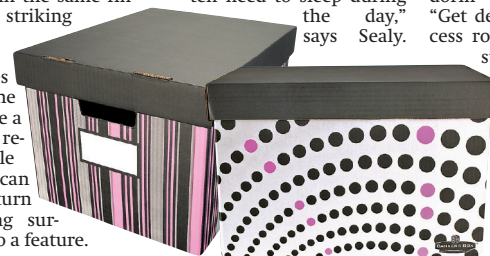
These colourful banker's boxes are \$7.97 for a pack of two at Walmart, walmart.ca.

These cork-boards are \$9 each at Walmart, walmart.ca, while the

Debbie Travis Woven PVC Hamper below is available for \$24.99 at Canadian Tire.



Clockwise, from top right: Assorted bath towels, \$3.50 each at Walmart, walmart.ca; 10" Schefflera Arboricola green plant, \$16.88 at Home Depot, homedepot.ca; and PC Ottoman, \$49.99 at Loblaws and SuperCentres, pc.ca.



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learning curve **13**

Orientation activities can be a great way to make friends at your new school in September.

## Make most of orientation

ANDREAS MORSE  
for Metro Canada



**Every year, thousands of young students make the transition between high school and post secondary.**

It can be a steep learning curve, but the transition is made a lot easier thanks to orientation activities put on by the individual institutions in Edmonton.

Whether it's getting to know the campus or meeting fellow students, orientation is an important stepping stone into university life.

"It's packed, there's tons of things happening," says Barbara Scuccato, co-ordinator of Grant MacEwan's Student Success program.

Scuccato says Grant MacEwan is expecting about 7,000 new students this year and they'll all be learning the ropes together in early September.

"They're really stressed about fitting in, making friends and finding their way and feeling like they've made the right choice," says Scuccato. "We work very hard to first of all get them relaxed and then really just encourage them to take part and get involved."

Scuccato says orientation week is all about community and helping the students become part of that.

Grant MacEwan has organized a number of orientation events ranging from "Kick Start" (which helps you brush up on academic skills) to its New Student Orientation (which helps students who are new to MacEwan get familiar with their campus and college services) to Campus Days (which are fun informal get-togethers that give new and returning students a chance to meet fellow students and faculty).

Carmen Olsen is the orientation manager at the University of Alberta. The U of A holds two different orientations, one two-day event for the 4,500 new students and a second orientation for transfers or mature students.

"Our students have very diverse backgrounds and we want to make sure that they really feel integrated into the campus community," says Olsen. "We want to give them a chance to meet new people, make new friends, and learn their way around. We want them to not feel intimidated."

Orientations are taking place at all of the post secondary schools in Edmonton over the first week of September.

For more information on the specific schools and their schedules, visit their individual websites and kick off another school year on the right foot.

## Anxiety can be overcome: Experts

RAFAEL BRUSILOV  
for Metro Canada



Returning to higher education doesn't have to make you feel like a fish out of water.

For some adults who go back to college or university, the anxiety and uncertainty of heading back into the classroom can sometimes feel like a nerve-racking experience.

But whether you're there to update your skills, advance your career or just stretch yourself as an individual, education can be the most rewarding gift you give yourself.

Marilyn Booth, director

of the School of Continuing Studies at the University of Toronto, says the most important thing to remember is that you are going back to school on your terms, for your reasons.

"Your attitude towards learning can shift as you come back to school because you're making a choice to come back," Booth said.

Judith Plessis, executive director of Continuing Studies at the University of British Columbia, suggests technology has changed the landscape of social interaction and education so that adult students don't have to feel

alienated from their classmates at all.

"In the past when adults went back to school, they felt a lot more isolated. Now they can go online at midnight and find a whole community they can go to," Plessis said.

If you have any sense of anxiety about going back into the classroom, Booth says you can take strength from the fact that your life experience can be a huge resource.

"Remember you're not there just to get information from the instructor, you're there to share your own life experiences. You bring plenty to the classroom," Booth said.

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## Kids eat more while watching TV: Study

RICHARD WOODBURY  
for Metro Canada



**A recent study shows when children watch TV while eating, they eat more.**

The study was able to show for the first time the signals the body sends people to tell them to stop eating and that they are full are overridden by watching TV at meal-time, says Dr. Nick Bellissimo, a co-author of the study.

The study was done at the University of Toronto, but Bellissimo is now an assistant professor at Mount Saint Vincent University in Halifax.

Fourteen boys between the ages of nine and 14 participated in the four-session study. The kids were given a sweetened beverage on two of the occasions and a calorie-free drink on the other two occasions, about 30 minutes before the meal. Pizza was the meal and The Simpsons was the TV show. The kids watched TV on two of the occasions and didn't watch TV on the other two.

Those who watched TV when eating consumed 228



Children who watched TV while eating consumed 228 calories more than those who didn't.

calories more. That works out to a piece and a half more of three-cheese pizza.

The kids that consumed the sweetened beverage and didn't watch TV ate the least. This finding shatters the perception that sweetened beverages contribute to obesity and shows that sweetened beverages are appetite suppressants.

"If there's 200 calories in that beverage, they tend to eat 200 less calories at the next meal. It actually does spoil your appetite."

The inspiration for the study came from the lack of

experimental work being done on the topic, says Bellissimo. The existing work on the topic was derived from questionnaires, which he says is quite different from performing an experimental study where you "actually demonstrate this happened."

He says that to make progress with solving childhood obesity, we need to move to evidence-based decisions.

"In order for us to make recommendations to children, we need to understand how foods and food

components affect food intake in children. We simply can't take what we think, what we see works in adults and apply it to children. Kids are not a miniature version of adults."

The study was done on boys and Bellissimo says they've continued the experiment with a set of girls. He says they're finding very similar results in girls, but couldn't elaborate beyond that at this point of time.

And what TV show are the girls watching for the experiment? Hannah Montana.



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# Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



Actors Molly Ringwald and Judd Nelson in a scene of John Hughes' 1984 film, *The Breakfast Club*.

## Teenage sexual angst

### The J Spot

**Josey Vogels**

metronews.ca/thejspot

If there's one lesson young women everywhere learned from John Hughes films it's this: Don't give a boy your underpants. Ever.

As you've no doubt heard by now, director John Hughes, the master of some of the most influential teenage drama films of our, or at least of my, generation — *Pretty in Pink*, *Sixteen Candles*, *The Breakfast Club*, *Ferris Bueller's Day Off* — died last week of a heart attack at age 59.

Hughes created a world run by teens (do adults really matter when you're a teen, after all?). There was less sex farce and more true sexual angst than we see in today's teen sex comedy/dramas (*American Pie* anyone?).

He had a way of captivating that fleeting period (of course, at the time, it feels it will never end) when your emotions in all their overly dramatic, roller coaster glory completely dictate your entire life.

He reflected the hierarchy of teen social life — cool people rule, geeks are outcasts, the girls always went for the yuppies or the bad boy while the nerdy-but-nice boys were left on the sidelines.

But he also exposed the vulnerability of this hierarchy and cracked teenage life open to show us what it

was really about, that is, a bunch of insecure, inexperienced, sexually curious young people jostling for social position and acceptance. Without making it too realistic, which would just be depressing (watch the documentary *Kids*, and you'll know what I mean).

After all, no teen in real life would say what Andrew McCarthy's preppie rich-boy character, Blane, says to Molly Ringwald's character, Andie, a girl from the "wrong side of the tracks" in 1986's *Pretty in Pink*: "You said you couldn't be with someone who didn't believe in you. Well I believed in you. I just didn't believe in myself. I love you. Always."

By making teenage life more exaggerated, funnier, and more entertaining, Hughes' allowed us to shudder at the pain but ultimately to laugh at the absurdity of it all.

**Prostitution among chimps? Read Josey's blog online at metronews.ca/blog**

Which is perhaps why it is still so satisfying to watch these films as an adult (something the movie channels obviously understand given how often they air them). As a teen, you're too busy being a sexually confused, angst-ridden, insecure teenager to really appreciate the perspective he offered.

As an adult, you've made it through to the other side. You realize that, as adults, the pretty girls, the bad boys, the nerds and the geeks all end up on a more even playing field.

Though I still wouldn't give a boy my underpants.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit [joseyvogels.com](http://joseyvogels.com).

## Help stop sex slavery

Former victim Somaly Mam launches three-year campaign

**CELIA MILNE**  
For Metro Canada

**Somaly Mam is a stunning and effervescent international activist. But it wasn't always thus.**

She was born into a life of poverty in Mondulakiri province, Cambodia. Abandoned by her parents, she was sold by a man posing as her grandfather into sexual slavery.

She doesn't know how old she was (she guesses 12 or 13), or what her name was when she was forced to work as a prostitute. She and the other girls in the brothel were tortured and manipulated. They felt scared and trapped. "When you are in the brothel, you never have the idea to get out. Who will help me? It is not easy to get out," she tells Metro in a phone interview. "I know what is painful — when you need someone to hold you but no one does."

Mam observed something unimaginably horrible. "One day my friend was killed in front of me," she says. Watching a friend being murdered by a pimp was so terrifying for the young Mam that she ran away. She vowed that day she would make preventing such atrocities her life's work.

Mam is now a world-renowned activist and the lifeblood of the Somaly Mam Foundation, which provides rescue and rehabilitation services to girls who are victims of sex slavery in Cambodia, Laos and Thailand. The Foundation has saved 3,000 girls since its founding in 1996.

Now everyday Canadians can help too. The Body Shop has teamed up with the Somaly Mam Foundation in a three-year campaign to prevent the trafficking of girls and young people for sexual purposes. The other partner is Beyond Borders, the Canadian link in the international group End Child Prostitution, Child Pornography and Trafficking of Children for Sexual Purposes (EPCAT).

The Body Shop in 60 countries is selling products such as Soft Hands Kind Heart lotion to benefit these organizations.



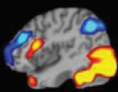
Somaly Mam, one of TIME Magazine's 100 Most Influential People of 2009, is the founder of The Somaly Mam Foundation — dedicated to fighting the human trafficking industry.

## Research Participants Needed

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  - Psychiatric disorders (except for mood or anxiety disorders)
- 3) Have no pacemaker, metal implants, prosthetics, pins, plates, or have ever had metal fragments enter your eye (dental work is OK.)
- 4) Not currently undergoing treatment for mood or anxiety disorders

**Compensation provided for time spent in the study and parking related expenses.**

For more **information**, please contact:  
the Laboratory of Dr. Dolcos at 780-492-3260, or  
[dlab@ualberta.ca](mailto:dlab@ualberta.ca)

Following Stephen Chow's departure, the Kato-shaped gap in Michel Gondry's *Green Hornet* has now been filled, says Variety. Jay Chou will fill Bruce Lee's shoes as the chauffeur, alongside Seth Rogen as the titular vigilante newspaper tycoon. **EMPIREONLINE.COM**

# Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

## One step at a time

BRIAN COULTON  
for Metro Canada

**When So You Think You Can Dance Canada host Leah Miller saw show winner Nico Archambault audition for the program in Montreal, an inkling surfaced within her that said, "He could win this."**

"He was a real standout," she said. But after viewing many auditions for the show's second season — including dancers in genres absent last year — Miller maintains the quality is so high, it's anybody's game.

The televised dance competition's second season kicks off with a two-night premiere, airing over four hours tonight and tomorrow on CTV. The launch will showcase auditions

held in Toronto, Vancouver and Saint John, N.B., earlier this year, before heading to Montreal and Edmonton next week.

High quality means there's no time to show "bad talent," said Miller, which she marks as the leading difference between the show's Canadian and American editions.

"We don't really have people who show up that just want to be on TV," she said. "The people that come, even if they aren't as talented or technically trained, really believe they're good and they're passionate about it. Some of them are from small towns that don't have dance studios and they learned how to dance from watching videos and YouTube."

Regardless of the back-

ground of the dancers who advance, however, returning judge Tré Armstrong said she won't hesitate to bluntly speak her mind to contestants during weekly episodes.

"Sometimes you've got to take it in a harsh way, where you take all the fluff out and just tell it how it is," she said. "I'll always be caring, but at the same time, people only learn from being told the truth."

Her motto this season is, "If you don't grow, you may not go." But aside from maturation as dancers, she said the new round of rug-cutters must learn to deal with cameras following their every lock step and walk, and drop



Leah Miller hosts So You Think You Can Dance Canada.

**So You Think You Can Dance Canada airs tonight and tomorrow on CTV.**

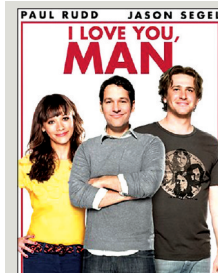
their guards early on.

"You can't wait for this growth epiphany to necessarily hit you in the top eight week because you may only get to the top 16," she said. "You have to let go and be yourself full-out. It sounds redundant, but that is what can win the show."

### Demon socialite

Paris Hilton is set to guest star in an episode of *Supernatural*. "Paris Hilton is playing a demonic creature that takes the form of ... Paris Hilton," said creator and executive producer Eric Kripke. **TVGUIDE.COM**

### DVD picks



### I Love You, Man

Director: John Hamburg

**MOST STRAIGHT MALES** would sooner skinny dip with sharks than admit to a "bromance," which to them implies weakness or — horrors! — latent homosexuality.

*I Love You, Man* takes this Freudian courtship to comic extremes with the odd-couple pairing of uptight realtor Peter (Paul Rudd) and his free-ranging pal Sydney (Jason Segel).

Peter realizes he has no close male buddy to be best man for his upcoming wedding to the fetching Zooley (Rashida Jones of *TV's The Office*).

A chance meeting with Sydney at an open house for Lou Ferrigno's L.A. mansion (Hulk jokes, aho!) opens a new world for Peter. The duo quickly bond over matters of sex, canine defecation, food and alcohol and Toronto's own Rush, a.k.a. "The Holy Trinity." Zooley starts to get jealous, Lord knows why.

It's a one-joke pony, but director John Hamburg (Along Came Polly) and his screenwriters manage to stretch it to nearly two hours of hilarity and quasi-profundity. Extras include extended and deleted scenes, a commentary by Hamburg, Rudd and Segel, a making-of featurette and a gag reel.

Peter Howell/for Metro Canada

### critics' corner

#### Scotty Moore & Friends: A Tribute to the King of Rock and Roll

Who's Scotty Moore? Ask the nearest Elvis Presley fan. Tennessee-born Moore is a guitarist who played with Elvis back in the day, starting with his first hit, "That's All Right (Mama)" in 1954. In this special, Moore gathers some other musical legends to perform Presley's music, including Eric Clapton, David Gilmour, Mark Knopfler, Ron Wood and Bill Wyman.

Dust off your blue suede shoes, fix yourself some peanut butter and banana sandwiches, and enjoy! 7 PM on BRAVO



#### So You Think You Can Dance Canada

The contestants have gotten sharper, according to judge Jean Marc Genereux, who returns for the second season of Canada's homegrown dance competition along with fellow judge Tré Armstrong, rotating third judges Blake McGrath and Luther Brown, and host Leah Miller. Having watched and learned from season one, this year's auditions know what to expect — so they're ready. The dancer dubbed Canada's favorite gets \$100,000 and lots of career exposure. 8 PM on CFRN

### Kenya's Style

#### Kenya Hunt

Read the blog at [metronews.ca/kenyasstyle](http://metronews.ca/kenyasstyle)

For complete online movie listings, trailers, reviews and tickets, visit: [metronews.ca/movies](http://metronews.ca/movies)

#	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/11/09	2	CFRN	239 318	etalk	Hollywood	So You Think You Can Dance Canada (N)	Flashpoint (DVS)	News				
	3	KHQ	- 370	News (N)	Be-Millionaire	Jeopardy!	Wheel-Fortune	America's Got Talent	America's Got Talent (HDTV)			
	4	CBXT	- 307	Coronation St.	Jeopardy!	Rick Mercer	22 Minutes	Being Erica (DVS)	CBC News: The National	The Hour		
	6	KREM	- 372	News	Hollywood	The Doctors		NCIS: Dead Reckoning	(10:01) Big Brother 11	Medium		
	7	CKEM	241 347	Hell's Kitchen (N)		Make Me a Supermodel	Who Wants to Be a Millionaire	More to Love (N)	Your City			
	8	CTV	240 339	ET Canada	Entertainment	The Unit "Inside Out"	NCIS: Dead Reckoning	(10:01) Big Brother 11	News Hour			
	11	OMNI	-	Two/Half Men	The Simpsons	Omni News: S. Asian Edition	Who Wants to Be a Millionaire	Better Off Ted	Better Off Ted	Metrolia		
	13	KXLY	- 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Who Wants to Be a Millionaire	Better Off Ted	PrimeTime		
	16	KAYU	- 373	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Hell's Kitchen (N)	More to Love (N)	News		
	19	CHTV	-	The Insider (N)	EI News	Ruby	Ruby (N)	Taking It Off	Rockers Moms	Better Off Ted	CHCA News	
	22	KSPS	- 374	NewsHour With Jim Lehrer	Journeys Through the British Isles "England"	Journeys Through the British Isles	Journeys Through the British Isles	Journeys Through the British Isles	Journeys Through the British Isles	Journeys, Isles		
	24	WTVS	- 364	(7:15) Chris Botti in Boston	Motor City Memories	Hometown Traditions	Change Your Brain, Change Your Life					
	15	CBC	502	-	CBC News: The National	Cubers	CBC News: The National	CBC News: The National	Cubers			
	21	TWN	505 398	(S) EarthWatch One	EarthWatch One							
	27	CNN	500 500	Larry King Live (N)	Anderson Cooper 360 (HDTV)							
	54	CTVN	501 391	CTV News Tonight	News	CTV News	News	CTV News	News	CTV News	News	
	70	BNN	504 508	Taking Stock	Market Call		Headline	Market Call	Commodities	Business News	Taking Stock	
	20	TSN	400 400	ATP Tennis: Rogers Cup	SportsCentre (HDTV) (Live)			Off the Record	Boxing Friday Night Fights (HDTV)			
	23	net	408 418	MLB Baseball	Sportsnet Con.	MLB Baseball	Los Angeles Dodgers at San Francisco Giants					
	47	SPEED	417 406	Super Bikes!	Jacked!	Jacked!	Pimp My Ride	Pass Time	Pimp My Ride	Super Bikes!		
	94	SCORE	410 403	Poker	Score Tonight	Final Score	Final Score	Final Score	Final Score	Final Score		
	9	EDACC	267 351	Alberta Primetime (Live)	America's Got Talent	America's Got Talent	America's Got Talent (HDTV)					
	14	YTV	552 543	iCarly	Drake & Josh	Drake & Josh	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	
	17	TREE	553 546	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Ni Hao, Kai-Lan	
	42	TOON	555 545	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	
	45	FAM	557 541	Zoey 101	Life Derek	Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	
	-	TVA	121 714	TVA 18 heures	Secré-salé	Qui perd gagne (SC)	Fort Boyard (SC)	Las Vegas (SC)				
	18	CMT	575 583	Reba	Hope & Faith	Hope & Faith	Cheerleaders	Home Improve.	Home Improve.	Reba		
	25	A&E	515 520	The First 48 (HDTV) (N)	The Cleaner (HDTV) (N)		Extreme Interventionist	The First 48 (HDTV)				
	26	MMM	571 581	Celebrity Rehab With Dr. Drew	Entourage	Gene Simmons	The Daily Fix	Celebrity Rehab With Dr. Drew	Entourage			
	29	FOOD	603 561	Hell's Kitchen	Good Eats	Good Eats	Iron Chef America	Unwrapped	Unwrapped	Hell's Kitchen		
	31	SHOW	617 522	Trailer Park	Trailer Park	The Outer Limits	Painkiller Jane	The Last Templar * (2009, Adventure)				
	32	DISC	520 505	Against the Elements (N)	Deadliest Catch (N)		Daily Planet	Against the Elements	Deadliest			
	33	SLICE	601 562	Rich Bride, Poor Bride	Rich Bride, Poor Bride		ET Canada	Real Housewives OC	Trading Sp			
	34	W	602 567	Style by Jury	Style by Jury	Style by Jury	Divine Design: Bathroom	Style by Jury	Style by Jury	They Come		
	35	TLC	521 560	18 Kids-Count	18 Kids-Count	Ultimate Cake Off	18 Kids-Count	Ultimate Cake Off	Jon & Kate			
	36	BRAVO	620 523	Scotty Moore & Friends: A Tribute to the King			Law & Order	Without a Trace	Small Back Rm			
	38	SPIKE	628 584	Star Wars V: The Empire Strikes Back **** (1980, Science Fiction) Mark Hamill.			CSI: Crime Scene Investgn.	Lost Worlds	Amazing Video			
	40	HIST	522 506	To Build a Nation	NCIS "Trojan Horse"	Sea Hunters	Star Trek: Next Gener.	Star Trek: Next Gener.	Trek: Voyager			
	41	COM	626 547	Laughs	Comedy Now	Air Force	22 Minutes	Corner Gas	The Simpsons	South Park	Hot Box (N)	
	43	SPACE	627 528	Torchwood	Ghost Hunters	Ghost Hunters	Stargate SG-1 (DVS)					
	44	WPCH	294 650	MLB Baseball	Seinfeld	Family Guy	Family Guy	Steve Harvey	The Natural *** (1984, Drama)			
	46	OLN	411 457	Survivorman Costa Rica.	Ghost Hunters	Bounty Hunters	Bounty Hunters	Survivorman Costa Rica.	Survivorman Costa Rica.	Ghost Hunters		
	48	TROP	619 525	Office Temps	Power Play	Tube Tales (N)	Tube Tales	Tube Tales	Are You Smarter	Family Guy		
	50	STAR	621 527	Look-A-Like	Look-A-Like	Tonight Show-Conan O'Brien	TMZ	Girl Next Door	Girl Next Door	Ellen Show		
	52	HGTV	500 546	SarahCottage	Genevieve	House Hunters	House Hunters	SarahCottage	Genevieve	HGTV's Top 10		
	65	TLN	700 800	Ma Il Portiere non C'e Mal?	Raymond	Raymond	George Lopez	George Lopez	The Sopranos (SS)	Pagado		
	92	APTN	269 500	Wings-Canada	Tears	Chiefs-Champ	Tribal Treks	The Rez	Short Cuts	Moccasin Flats		
	93	VISION	261 394	Quantum Leap	5 Seekers	Search	Pottergeist: The Legacy	Crossing Delancey *** (1998)				
	100	MTV	581 586	16 and Pregnant	Daddy's Girls	Daddy's Girls	MTV Live	Super Sweet	Super Sweet	Daddy's Girls		
	101	MM	570 580	Greek "Barely Legal"	Video on Trial	Degrassi: TNG	Springbreak.09	Shot at Love-Tila Tequila	One Tree Hill			
	102	CPAC	512 596	(6:30) PrimeTime Politics	Revue	Revue	Question Period	Prime-Politics	PrimeTime Politics			
	103	VIVA	526 507	The Closer "Next of Kin"	Ghostly Enc.	In Dreams	Psychic Inv.	Encounters	Judging Amy	Missing		
	106	RDI	126 730	Le Téléjournal (SC)	RDI en direct	Le National	Le Téléjournal (SC)	24 Heures en 60 minutes	Le Téléjournal			
	161	SUPER		Waitress ** (2007, Comedy-Drama) Keri Russell.			Once **** (2006, Romance)	Wristcutters: A Love Story				



Eric Bana  
Rachel McAdams  
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Traveler's  
Wife**

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A ROBERT SCHWENTKE FILM  
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BY MICHAEL DANNIA SUPERVISOR BOB BOWEN EXECUTIVE PRODUCERS JULIE WEISS  
THOM NOBLE PRODUCED BY JON HUTMAN  
DIRECTED BY ROBERT SCHWENTKE  
PHOTOGRAPHY BY FLORIAN BALLHAUS  
PRODUCTION DESIGNER BRAD PITT RICHARD BRENER MICHELE WEISS JUSTIS GREENE  
PRODUCED BY NICK WECHSLER DEDE GARDNER  
BASED ON THE BOOK BY AUDREY HEPFENBERGER  
SCREENPLAY BY BRUCE JOEL RUBIN DIRECTED BY ROBERT SCHWENTKE

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**IN THEATRES AUGUST 14**

No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes August 17, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit [www.metronews.ca](http://www.metronews.ca)



WITTNAUER  
WATCHES

metro



It's another boy for Elisabeth Hasselbeck and her husband of seven years, former NFL quarterback Tim Hasselbeck. The 32-year-old View co-host welcomed son Isaiah Timothy on Sunday in New York City, people.com reports. **METRO NEWS SERVICES**

## Celebrity Buzz

### 'So much has changed'

**OPENING UP** In her first television interview since announcing her separation from her husband Jon in June, reality TV star Kate Gosselin says she is hurt by her ex's recent flings, usmagazine.com reports.

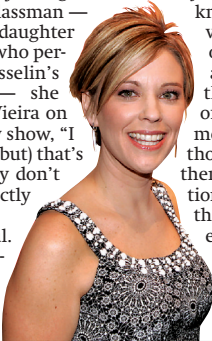
Asked about Jon's girlfriend Hailey Glassman — the 22-year-old daughter of the surgeon who performed Gosselin's tummy tuck — she told Meredith Vieira on Monday's Today show, "I was shocked ... (but) that's his life and they don't affect me directly at this point."

"It is hurtful. It's very hurtful," she went on. "The most hurtful part is

when his decisions directly affect our children."

When asked whether they would have split if it had been up to her, Gosselin replied: "Gosh, who can go back and change? Obviously, ideally, parents stay married ... You know, I go back very often to our vow renewal in Hawaii. I think very often of it, and in that moment, I meant those vows. And there was no option for us other than to be together. And so much has changed."

**METRO NEWS SERVICES**



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The Time Traveler's Wife

IN THEATRES AUGUST 14

### Michael finally laid to rest in L.A.?

**CLOSURE** Michael Jackson's body has finally been laid to rest, sources tell the Daily Mirror. His burial took place with no fanfare at the Forest Lawn Memorial Cemetery in the Hollywood Hills, and his family wants to keep the location of the grave a secret.

"Other than the Jackson family and the management at Forest Lawn, no one knows the exact spot," a source told the paper. "Staff at the cemetery have been fed several dif-

ferent locations. It's as if they are hoping to confuse everyone so it can't leak out."

As well, longtime Jackson friend Mark Lester is not the father of Jackson's daughter, nor is he claiming paternity, despite a tabloid report that says Lester is Paris Jackson's biological dad, sources tell People.

Sources very close

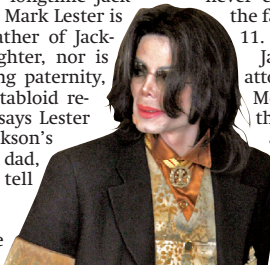
to the Jackson family say that Lester donated sperm for Jackson and is a longtime friend, but he has never claimed to be the father of Paris, 11.

Jackson family attorney Londell McMillan adds that the story is an unproven and meaningless claim, and the probate court has no

reason to go against its finding that the late star is father to all three of his kids.

"These are just merely claims with no legal standing whatsoever," McMillan told People.

Sources say Lester, 51, and Jackson are longtime friends, and Lester did donate sperm for Jackson — although one source says the timing doesn't line up for that sperm to have been used to conceive Paris. **METRO NEWS SERVICES**



### Mercury talk strictly verboten: Piven

**TRUTH TO EVERY JOKE?** Note to those around Entourage star Jeremy Piven: Don't mention that whole mercury-poisoning thing, popeater.com advises. The website reports ex-Saturday Night Live star Chris Kattan apparently got a dose of Piven's rage behind the scenes at MTV's It's On With Alexa Chung last week. According to

the NY Daily News, the pair got into a shouting match when Kattan asked Piven: "So, what are you here to promote, your Broadway play?" referring to Piven's excuse that he had mercury poisoning when he left the show Speed the Plow in December.

Piven responded with a dig at

Kattan's best-known character on SNL: "Well, what are you here to promote? Mango?"

Though Kattan thought Piven was joking, a witness says Piven stepped up his insults. "(Kattan) said 'Whoa, man — I thought we were just fooling around here,'" to which Piven allegedly responded: "I'm getting sued for that s—t ... It's not funny."

**METRO NEWS SERVICES**



### Miley gets saucy at Teen Choice Awards

**SHORT SHORTS** Miley Cyrus is courting controversy again after her performance at the Teen Choice Awards. The Disney star, who snagged six awards, performed her new single, Party in the USA, dressed in super-short shorts and black leather boots while dancing provocatively around a pole mounted on top of an ice cream cart.

**METRO WORLD NEWS**



### Elle mag blacklists Lindsay

**OUCH** Not everyone has warmed to troubled starlet Lindsay Lohan. Lorraine Candy, the editor-in-chief of Elle U.K., was apparently so displeased with Lohan's behaviour at a recent photo shoot that the

actress probably won't appear in its pages again.

"This was the most unpredictable and confusing shoot in my magazine career," she wrote in the new issue.

**METRO WORLD NEWS**



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### Service Canada Centre for Youth

The Service Canada Centre for Youth in Edmonton will be closed as of August 13<sup>th</sup>, 2009.

We would like to thank the employers who helped local youth find jobs, as well as all the participants who made our summer events such a success.

We look forward to serving the community again next summer.

For more information:  
Click [servicecanada.ca](http://servicecanada.ca)  
Call 1 800 O-Canada (1-800-622-6232)  
(TTY: 1-800-926-9105)  
Visit a Service Canada Centre for Youth

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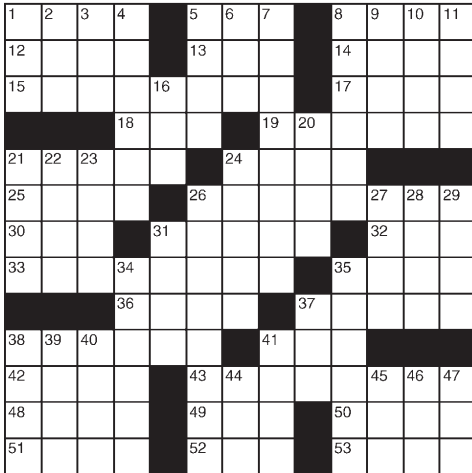




**Michele McDougall, Weather Specialist & Host — Breakfast Television**

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" **WEEKDAYS AT 6 A.M.**

**Take Five**



**ACROSS**

- 1 Send forth
- 5 Radio watchdog org.
- 8 Tarzan's mate
- 12 Exposed
- 13 Blunder
- 14 Reed instrument
- 15 Shiner
- 17 Get better
- 18 Smack
- 19 Carelessness?
- 21 Alley "oops"?
- 24 Fed
- 25 Great Lake
- 26 Haughty sort
- 30 In medias —
- 31 Audit, perhaps
- 32 Literary collection
- 33 Decorative cutout
- 35 Eccentricity
- 36 "We'll tak' — o' kindness yet"
- 37 Tennessee county
- 38 Palin's bailiwick
- 41 Awful

- 42 Society newbies
- 43 Yuletide refrain words
- 48 Sandwich shop
- 49 Poolroom stick
- 50 Con
- 51 Terrier type
- 52 Shrill bark
- 53 — moss

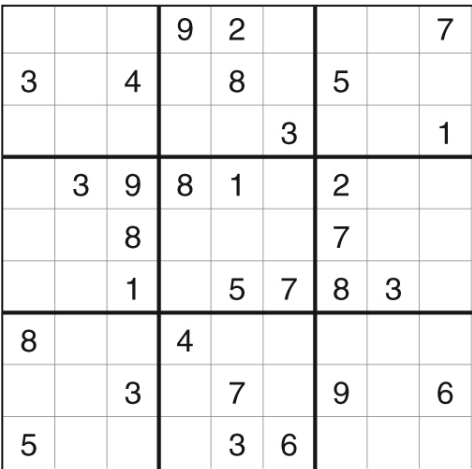
**DOWN**

- 1 Recede
- 2 — de mer
- 3 Playwright Levin
- 4 Computer fixer
- 5 Yard portions
- 6 Weep
- 7 Slapstick missile
- 8 One of the Bachs
- 9 Help a crook
- 10 Ark builder
- 11 Slithery
- 16 Tool set
- 20 Analgesic target
- 21 Antitoxins
- 22 Get ready quickly?
- 23 Sylvester's impediment
- 24 Rose
- 26 Spiciness
- 27 Prison
- 28 Hathaway or Heche
- 29 Tibetan herd
- 31 Ailing
- 34 Dog of film and TV
- 35 Abduct
- 37 Cowboy's sweetie
- 38 Tosses in
- 39 Onionlike vegetable
- 40 With skill
- 41 Gridlock sound
- 44 Overseas agreement?
- 45 Inseparable
- 46 Greek vowel
- 47 Torched

**Sudoku**

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**



2	8	6	3	5	1	4	9	7
3	4	1	9	7	6	5	2	8
7	9	5	4	2	8	6	1	3
8	2	3	1	9	5	7	6	4
9	1	7	6	4	3	8	5	2
6	5	4	7	8	2	9	3	1
1	6	8	5	3	7	2	4	9
4	3	2	8	6	9	1	7	5
5	7	9	2	1	4	3	8	6

**On the web**

For more games and 60 additional daily cartoon strips, visit [metronews.ca](http://metronews.ca)



**Metro Recipe of the Day**



**Baked Chicken with Tomatoes**

**INGREDIENTS:**

- 1 egg
- 1/2 tsp (2 ml) salt
- 1/2 cup (125 ml) toasted Brazil nuts or blanched almonds, finely chopped
- 1/3 cup (75 ml) wheat germ
- 4 boneless skinless chicken breasts
- 2 tbsp (25 ml) olive oil
- 2 cups (500 ml) grape or cherry tomatoes, halved
- 1 tsp (5 ml) dried basil

**METHOD:**

1. Preheat oven to 425 F (220 C). Coat a baking sheet with cooking spray.
2. Place egg and salt in a shallow dish and whisk with 1 tbsp (15 ml) water. In another shallow dish, combine nuts and wheat

germ. Dip chicken breasts into egg and then nut mixture.

3. Place on baking sheet and coat with cooking spray. Bake, turning once, 15 to 20 minutes (depending on thickness) or until cooked through and crispy.

4. Meanwhile, heat oil in large skillet over medium-high heat. Add tomatoes and basil; cook until just browned, 3 minutes. Serve with chicken.

**SERVES 4**

**rd.ca**

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



**Horoscopes by Sally Brompton [sallybrompton.com](http://sallybrompton.com)**

For Sally's expanded daily and weekend horoscopes, visit [metronews.ca](http://metronews.ca)

**ARIES**  
**MARCH 21-APRIL 20**



A breakthrough of some kind is likely today, and although there may be a price to pay for your good fortune you will consider it worthwhile.

**LIBRA**  
**SEPT 23-OCT 23**



Something that has been keeping you awake with worry until the early hours needs to be dealt with or you may never catch up on your beauty sleep.

**TAURUS**  
**APRIL 21-MAY 21**



You will need the support of family members and other relatives for what you are planning because you won't get far without it.

**SCORPIO**  
**OCT 24-NOV 22**



Today's Mars-Saturn link-up makes you determined to let people in positions of authority know you are special. This is no time to be modest.

**GEMINI**  
**MAY 22-JUNE 21**



If you want to change your life for the better you have got to stop wasting so much of your time on so many irrelevant activities.

**SAGITTARIUS**  
**NOV 23-DEC 21**



Voices will be raised and tempers will be lost today — that's inevitable — but with the right attitude most of the uproar will pass over your head.

**CANCER**  
**JUNE 22-JULY 22**



You will be much quicker off the mark today than you have been of late and if you see a chance to make money you won't hesitate in the slightest.

**CAPRICORN**  
**DEC 22-JAN 20**



Some people will always refuse to see sense, no matter what the facts are. It may be tempting to show up one such person today, but why bother?

**LEO**  
**JULY 23-AUG 23**



It may feel as if you can take on the world and win but that's more likely to be true if you resist the urge to scatter your energy in all directions.

**AQUARIUS**  
**JAN 21-FEB 18**



You'll be hugely energetic today but you'll also be limited in what you can do, most likely because you don't have the resources to follow through.

**VIRGO**  
**AUG 24-SEPT 22**



Once again you're paying too much attention to what others say and not enough to what your heart tells you. Just listen to and act on your instincts.

**PISCES**  
**FEB 19-MARCH 20**



You may find it hard to understand why something is taking so long but getting hot under the collar about it won't change a thing. Be patient.

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**WORDY GURDY**  
BY TRICKY RICKY KANE  
Every answer is a rhyming pair of words like FAT CAT and DOUBLE TROUBLE, and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.  
© 2009 United Feature Syndicate, Inc.  
ANSWERS:  
1. Monetarily penalize actor Kevin (1)  
2. Courageous, dishonest person (1)  
3. Is missing some royal flush cards (1)  
4. "Move faster, comic actor Bill!" (2)  
5. Underground chamber pub (2)  
6. Kind, good-natured domestic servant (3)  
7. Bombarded a large, spotted African cat (2)

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2 for 1 show tickets and much more

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Taxes & fees: \$181

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Taxes & fees: \$181

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Taxes & fees: \$212

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La Salina Varadero • 4 ★  
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Aug. 30 - Sept. 27 • 1 wk.

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Taxes & fees: \$212

### St. Lucia via Toronto

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Resort & Spa • 4 ★  
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Deluxe garden view rm.  
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**\$1489**

Taxes & fees: \$235

### Cancun / Riviera Maya Occidental

Grand Xcaret • 4 1/2 ★  
All-Inclusive • Deluxe rm.  
Dec. 24 • 1 wk.

**\$1569**

Taxes & fees: \$258

### Gran Bahia Principe Tulum • 5 ★

All-Inclusive • Standard rm.  
Dec. 24 • 1 wk.

**\$2039**

Taxes & fees: \$258

## DEAL to EUROPE

### London

Barkston Gardens • 3 1/2 ★  
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Standard rm.  
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